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Allah's Apostle used to teach his companions to perform the prayer of Istikhara for each and every matter just as he used to teach them the Suras from the Quran. He used to say, "If anyone of you intends to do something, he should offer two rakat prayer other than the obligatory prayers, and after finishing it, he should say:

أَللّٰهُمَّ إِنِّي أَسْتَخِيْرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ
بِقُدْرَتِكَ وَأَسْأَلُكَ مِن فَضْلِكَ الْعَظِيْمِ
فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ وَتَعْلَمُ وَلَا أَعْلَمُ
وَأَنت عَلَّامُ الْغُيُوْبِ
أَللّٰهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ (*هَذَا أَلْأَمْرَ)
خَيْرٌ لِّي فِي دِيْنِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي
فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيْهِ
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O Allah سبحانه وتعالى! I seek the counsel of Your knowledge, and I seek the help of Your omnipotence, and I beseech You for Your magnificent grace. Surely, You are capable and I am not. You know and I know not, and You are the knower of the unseen.

O Allah سبحانه وتعالى! If You know that (*this matter) is good for me in my religion and in my life and for the welfare in the in my matter; then ordain it for me and make it easy for me, then bless me in it. And if You know that (*this matter) is bad for me in my religion and in my life and for the welfare in my matter; then distance it from me, and distance me from it, and ordain for me what is good wherever it may be and help me to be content with it.

Note:

- Any Muslim can perform Istikhara. It is not permissible to pray Istikhara for others.
- Istikhara has nothing to do with dreams.
- After deciding and making your mind, you seek help of Allah سبحانه وتعالى to make the matter easy for you or turn you away from it.
- There is no fix time to perform Istikhara.
- Istikhara can be performed repeatedly.

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